

Magazine Feature Section

The Evening Coiffure Must Defy Criticism

CAREFUL HAIR ARRANGEMENT

BY EDNA EGAN.

IF there is anything I dislike it's a disappointment," said Mr. Bachelor as he drew my attention to a young woman at a ball. The woman was beautifully gowned and had on the proper slippers and stockings, but glancing at her head I knew just exactly what the bachelor meant.

As for the arranging of the hair, each woman must decide for herself which style is the most becoming. The low arrangement is always youthful, and the broad eight spread over the head near the nape of the neck gives satisfaction. Better results will be gained if the hair is put up in many sections rather than gathered into one strand. This necessitates the use of many hairpins. A generous use of invisible hairpins should be made, but for the lump arrangement I advise the use of bone pins. They look so much better. As a finishing touch insert a Spanish comb, as shown in the photograph. This suggestion is to be followed only in case one's gown will warrant the introduction of such a comb. If one is wearing a gown made on Grecian lines, a Spanish comb would be out of place.

Double barrettes used to outline a

psyche are a novelty. In this case the crescent-shaped barrettes are studded with pearls, consequently, the ornaments are quite appropriate for evening. One thing to remember when arranging the hair in a psyche is to smooth the strand before twisting it, otherwise little ends will be flying about in an untidy manner. To get the smooth finish apply brilliantine, if necessary, and then after combing the hair rub it with the palms of the hands. Some hairdressers use a chamomile or a silk handkerchief for this purpose. The material not only smooths the hair, but causes it to shine.

The woman with a youthful face and good features can afford to wear her hair drawn back plain from the face. If this treatment should prove too severe it will help matters to coax the hair into five points about the forehead. This must be done before the hair is arranged. Use a comb to draw the hair into the points and pin them in place with invisible hairpins. If the general shape of the head is good, draw the hair back into a tight knot at the nape of the neck. Should the contour of the back of the head be bad, draw the hair back loosely and twist it into a psyche.

It is rare to find a woman with ears pretty enough to be left uncovered and yet how often do we see women with huge, protruding ears, who make no pretense to cover them. With a little practice one can draw the hair down over the ears in a very attractive manner. If necessary use a number of pins to hold the hair in place. The wearing of a hairnet will also help in training the hair to conceal the ears. But in using the net be sure to adjust it so that the hair is not plastered down in a prim and unbecoming manner.



UNDERGARMENT IDEAS

At This Season of the Year Nighties and Pajamas Are In the Limelight of Fashion.

BY ANNETTE ANGERT.

MIDWINTER is never distinguished by anything especially noteworthy in the way of new modes—not, at any rate, as far as one's outside garments are concerned. The full, straight skirt has been definitely established, and ankies are once more carrying on a mild flirtation with the hem thereof. Wraps are full and fur-trimmed. Hats, as ever, erratic. Over-brimmed or brimless, high or low, they are all in the fashion; and for once even a last year's model doesn't give its wearer away quite so completely as is usually the case when thrifty souls attempt economies in the direction of millinery.

Now that the things that are seen have, so to speak, settled down comfortably until spring, women have more time in which to devote their energies to the good works that hang concealed. Officially, coat and frock fashions follow the calendar, and change with the changing seasons. But, like necessity, "undies" know no law, and the only restraint they practice is visible in their length, or the want of it, below the waist, and the heights to which they aspire above it.

Just now it is the nightie that is receiving most attention in the realm of the boudoir. Perhaps it is merely because soft and dainty garments have an irresistible attraction for all women, or there may be some other reason; but, whatever the cause, the nightie is one of the most fascinating, as it is certainly one of the most beautiful, items in lingerie today. Crepe de Chine, soft, easily laundered, and procurable in all sorts of delicate tints, is the most favored materials, and simplicity carried to the point of downright severity is the principal feature. When is an outfit not an outfit? The correct answer is, When it does not

contain at least one or two sets of black drosses. If we are sober in outward garb, it is only natural that once in a while we should want sobriety to be literally skindeep. Anyway, the black nightdress is quite a prominent feature of lingerie; and black and white—an unfailingly popular combination—is being used for the same purpose, with excellent effect. One model in black is quite short and quite economical in regard to the material in the region of the neck, and sleeves are dispensed with altogether. The arm holes, like the hem, are bordered with soft black satin—washing satin, of course; and the same material is used to produce a striped effect on the yoke. For those who desire even more freedom of action, there are others slit at either side and bound with contrasting satin or lace.

As an alternative to the nightdress, there is, of course, the pajama. Sometimes it is made pure fashion, when the sleeves and upper part can be varied to suit the taste of the wearer. Sometimes it is made all in one, with color relief introduced in the form of cuffs and hood.

Transparency is the keynote of the corsege of the day. Some persons don't mind showing their backs, and the reverse side of the picture in quite a number of cases isn't exactly puritanical. Still, there are just a few who like that privacy in some directions is better than unabashed publicity, and so it happens that, thanks to the all-revealing corsege, the camisole that lies beneath it is daily acquiring added importance and beauty. One of the most attractive seen the other day was made entirely of fillet lace. Inset at the waist were pointed Cluny medallions, and the points of the V-shaped décolletage were united by strands of pale blue ribbon.



FASHIONDOM

BY MRS. KINGSLEY.

IN no part of the feminine wardrobe has there been so great a change during the last few years as in motor modes. Time was, and not so very long ago either, when the costume of the average motor maid was anything but attractive. It was designed solely with an eye to practicability, with the result that the wearer invariably looked a fright, if not a freak.

Quite the reverse is true today. When the lady of the motor car steps into her automobile she is equipped with the smartest clothes, which are at the same time quite as practical as the ugly old garments which were the pioneers in motor modes. She wears a comfortable hat, which is built to withstand wind and at the same time to become the wearer. She covers her face with a veil which adds to instead of detracting from her appearance.

Her coat is all enveloping, but is cut along smart lines, and is made of any one of a number of good looking materials. It may be a rough and ready affair of tweed, cut on mannish lines, or it may be of an attractive new material, one side of which has a satin, the other a morocco finish, a fabric really suited to the needs of the motorist.

When something a bit dressier is wanted for motor wear a coat of black satin with a large cape, collar and cuffs of kid conceals the purpose. For a windy day nothing could be more comfortable than a cap of black leather trimmed with moleskin.

It looks as if the end of the Russian turban is not yet in sight. It is high in front or in back, it belongs to the army and navy, to the people and the court, and it is worn by every one. There are many turbans in fashion that do not belong to Russia, but they have been moulded on the same general idea. Satin and velvet are used, with the latter predominating, but whatever the material there must be the Slavic ornament in front or at the side. It is the ornament that makes the hat and is the hallmark of its origin.

To put an algerette, a gaura feather or a bow of ribbon on a turban would be to conceal its identity and lower it into the commonplace. It demands only one bit of trimming and that is usually a metal ornament which is tightly pushed against the surface.

A shape was seen the other day which is the reverse of what has been worn during the last two months. It runs to an exaggerated high point at the back instead of the front, as is the Russian manner. Black satin is the material used, and, although its crown is high, the hatband is small enough to hug the head and keep it on an even line.

The ornament, which is placed over one eye instead of in the middle of the

EXERCISE FOR THE NECK

Wrinkles and Sagging Throats Eradicated By This Method.

BY LUCILLE DAUDET.

THE so-called "Chin-Chin" collar is a great protection to the throat in cold weather. But the "Chin-Chin" is chronic, while cold weather is merely sporadic. On a mild sunny winter's day this high collar causes intense perspiration, and it is small wonder that many women are complaining just now of sagging throat muscles. Very few of them place the blame where it belongs. No well-dressed woman would dream of adjusting the fashions to herself, but it is a very short-sighted woman who refuses to repair the ravages of one style so that she may be in good condition to adopt another fashion equal deadly. As yet no fashion has arrived to counteract this one, so it is necessary to form a habit of treatment which will compensate.

The sagging throat is due to muscles which have become flabby from too much heat. Hence cold and exercise are the best means of recovery from an overdose of this particularly fashionable.

Head twisting, the best throat exercise, is also an excellent means of teaching the body isolation of movement and of reducing a double chin. It is a humiliating fact that but few women understand this form of economy of effort. When one would look sideways, a quick twist of the head is all that is necessary. Yet many a willowy woman will turn her body half way round in order to look at some one beside her.

front, is of dull gold, with a central piece of emerald colored crystal.

It is not in the new gowns ordered by restless women that one sees the fashions that may do the most good along the line of ideas and suggestions for the immediate future. It is in the clothes which have been ordered for the South, and in which the dressmakers have drawn inspiration for between season models that we get an inkling of what is to come.

So great is the recognized need of training each segment of the body to work quickly and independently that exercises to bring about this result abound in all good system of training, whether of soldiers or of dancers.

The habit of head twisting is especially useful, to though not at all characteristic of the shopper. You know how often you have suddenly bumped into the woman walking ahead of you because she all at once halted in the middle of the store aisle. Then, as soon as you attempted to turn out and pass, there was another collision, because madam just then decided to walk on. Something upon the counter had attracted her attention and she found it necessary to stand still in order to turn her head in the required direction.

Head twisting, this panacea for flabby necks and bodies unused to isolation of movement, can be practiced.

1. Stand with the weight evenly upon the balls of the feet.
2. Twist the head to the right as far as possible and inhale.
3. Hold for five seconds.
4. Twist as far as possible to the left while inhaling.

Perform this exercise twenty times. The twisting must not be done so rapidly as to cause dizziness, yet they must be done swiftly if you hope to get the full value of the movement.

After the completion of the exercise, place a lump of ice in a soft towel and massage the throat. Begin at the median line and follow first the line of the lower jaw, and as you progress downward follow the line of the throat.

When you have finished the massage grasp the twist of towel below the lump of ice and strike the neck, especially along the median line, with this missile. Then as the arms grow tired fasten the towel around your neck so that the piece of ice will press upon the front of the throat. In this position you will soon learn how to do your maneuvering, a little reading or the ever-recurring task of pulling up the drawn threads in your silk stockings.

HOW TO ECONOMIZE

Many New Hints On How to Make a Dollar Go Further In Value.

BY MRS. McCUNE.

IF the average home were conducted along more economical lines, much of the present talk about "hard work to get along" would not be heard. "You must cut according to your cloth" is a pretty good motto to follow. The mother of a growing family should remember this, for if she is going to compete with the present soaring of life's necessities and have a clean slate to show at the end of the month, she will certainly have to follow the advice contained in the old saying.

In the olden days no one bothered much about dressing children "stylishly" for school. Every child had heel plates on his or her shoes, and as for school frocks, all little girls wore the same kind. However, times have changed and one keeps up with them. Today every child can be smartly and warmly clad if her mother sews and is willing to economize in different ways. Often a new little frock can be made out of two old ones. A portion of the material might be dyed (a ten-cent package of dye will do wonders) and the woman who has any taste at all can develop a good-looking little dress from the combination.

In the matter of cooking there should be absolutely no waste. Drippings of all kinds should be saved, strained, put into clean stone jars, and used instead of lard. Women who are now paying about 20 cents a pound for lard should remember this. Coal reached a record price this sea-

son, and if you would look over your kitchen needs and see to it that a range of modern make is installed, if the old one is a back number, it would be one of the best investments you could make. A poor stove wastes coal, whereas a range of the present day model is so constructed that in the hands of an intelligent woman not a pound of coal is wasted in the season. Dampers have been put on stoves for economic reasons. Remember this, and learn to operate those dampers so as to get the greatest and most lasting heat from the least possible amount of coal.

Good, simple food is what appeals to every healthy person with an appetite. Dinners of endless courses are now dying out, for the average hungry man would rather see a piece of roast beef and a dish of mashed potatoes set before him than a lot of "courses" that will not satisfy his appetite. Therefore, the woman who would set an up-to-date table should remember this, especially if she has to wash the dishes of a several course dinner after the meal is over. She'll soon come to the decision that, after all, good, nourishing food is far better for all concerned than a lot of fancy stuff.

Every woman should practice economy in her home, and she can make a showing if she is willing to do so; but she must sew and very often darn, and learn how to cook without any waste, otherwise the chances are she'll be behind in several departments long before her next month's income is due.

ODDS & ENDS

COLD feet can be made snug by the insertion of paper soles in winter shoes. Newspaper has a hundred and one uses, but none better than that of an insole. Cut the sole a little smaller than the outside of the shoe. This is also a precaution in rainy weather when the rubbers cannot be found. A newspaper shield for the chest and back is surprisingly warm. On a motor ride such a protection is very desirable, but for those who are disposed to rheumatism fannel is, of course, the best.

FISH, in some form, should be eaten at least twice a week, but care must be taken to see that it is perfectly fresh. Fresh fish, when pressed by the fingers, is firm, the gills are red and the eyes are full. If you find the eyes sunken and the flesh flabby, you may know that the fish is stale. All fish should be thoroughly washed, cleaned, wiped and then sprinkled with salt. Before broiling, rub the gridiron with a piece of fat to prevent the fish from sticking. Lay the fish side down first. If the fish is to be boiled, put it into salt water to which a little salt and sugar have been added. Most kinds of salt fish should be soaked twelve hours in cold water, the fleshy side turned down. Fresh fish should never be soaked unless it is frozen.

NO woman is properly equipped unless she has a handbag, and to be ultra smart it must possess at least one unusual feature. Some of the attractive bags are in lantern shape. One model made of white brocade satin is beautifully embroidered in crystal beads. It is disk shaped and opens at the top, just as the pleated jack-o'-lantern opens up. A chain of bone rings forms the handle. Fur and velvet are combined effective-

ly in one model. The bag is of white velvet and is transformed by frills of black velvet into a very frivolous affair. A strip of ermine forms the handle.

RAW egg is most nutritious and may be taken very easily if the yolk is not broken. A little nutmeg grated upon this chopped parsley sprinkled over it, or some salt and dash of cayenne pepper will vary the flavor and make it more palatable when taken as a medicine. In case of stomach troubles, a partly beaten raw egg, taken at one swallow, is recommended. It is healing to the inflamed membranes and relieves the feeling of discomfort after eating. Doctors say that four eggs taken in this manner in twenty-four hours will furnish the best kind of nourishment as well as medicine for the patient.

THESE relaxing exercises for insomnia are recommended: Before retiring, stand erect and clasp the hands behind the head with elbows forward. Hold the head in this position as if you were resting the tension of the muscles of the arms and hands with those of the neck, pulling back with the weight of the head and the tension of the neck muscles. Now walk backward and forward in this position until you begin to be weary. Upon retiring practice this exercise. Lie on the right side with the right hand beneath the right cheek. Now draw the left knee up to the chest and hold it there by passing the left arm underneath the knee in such a manner that the palm of the hand lies flat upon the bed. Lie in this attitude for five or ten minutes and you will experience such relief upon releasing the pose that you will fall asleep at once.

MILADY'S BEAUTY

AN important beauty consideration is the poise of the head. It should be tipped slightly backward, so as to make the eyes seem larger. Lowering the chin causes wrinkles, and also has a tendency to form a double chin, which is a special bugbe of every woman, thin or fat.

THERE is a mental condition which surely destroys good looks, for it always shows in the face. It is due to too much thinking about one's self and to an exaggerated self-esteem. Some people are always looking out for slights. If they meet an acquaintance on the street who happens to be preoccupied they attribute the abstraction to some feeling of antagonism and take umbrage at once. Innocent persons who never dream of giving offense, are astonished to find that some unfortunate word, or some momentary tactlessness is mistaken for an insult. The best remedy for this state of mind is to persistently banish all thought of self. Find something more absorbing and more elevating to think about, if you are one of the "touchy" ones, and you will soon overcome the habit.

YAWNING—except in polite society—should be indulged in rather than repressed. The reason why? A good, free, unrestricted yawn counteracts the effects of laughing. Just stop and think how often a person laughs and how seldom, comparatively, yawns. The muscles are stretched in one direction while laughing and, by constant repetition, little lines are formed around the corners of the mouth. Yawning stretches these same muscles in exactly the opposite direction and, therefore, tends to undo the mischief caused by our good humor. Yawn, but don't stop laughing, or you will be like the woman who, at an advanced age, rid,

had not a line or wrinkle in her face, but whose countenance was entirely expressionless. Dreading these same lines and wrinkles, she had all her life schooled her features to express nothing of joy or sorrow.

FOR keeping the hands white and soft the following lotion is recommended: Take one quart of water (boiled); alcohol, thirty drops; oxide of zinc, one ounce; bicarbonate of mercury, eight grains; glycerin, twenty drops. Take four ounces of the water and heat it to boiling; dissolve the bichloride of mercury in this hot water and add all the alcohol. Mix the zinc and glycerin together in a bowl; pour the larger portion of the quart of water in; stir, then add all the diluted bichloride of mercury and alcohol. Bottle and shake always before using. Apply the liquid with a small, soft velvet sponge.

THERE is no longer any necessity for loading the hair with braids, rats, puffs and curls. The fashions today are so simple that the woman who has only a small crop of hair can easily dress it well. In dressing your hair consider the shape of your face. The back of the head is of importance, but the frame made by the hair must be becoming to the face. Women of severely classic features and fine brows can wear the hair brushed straight back from the forehead and coiled at the back of the head or at the nape of the neck. Simple hairdressing necessitates cleaner hair, therefore healthier hair. The hair must be thoroughly washed every week or two, especially if one exercises much. Some women boast of washing their hair but once in six weeks. Imagine the scalp, with its myriads of oil glands and its heavy growth of hair to retain the dust, being bathed only once in that long period.